

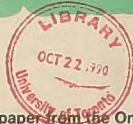
CADON
SD 718
-ETI

3 1761 11470886 0

Comment
Publication

SUMMER 1990

Especially FOR Seniors



A quarterly newspaper from the Ontario Advisory Council on Senior Citizens ☐ Circulation 1,006,935

Ontario works towards accessible public transit

The Province of Ontario has made a formal commitment to the principle of fully accessible public transportation, the Honourable William Wrye, Minister of Transportation, told the Legislature in June.

"This commitment," said Mr. Wrye, "will mean a greater opportunity for disabled persons and seniors with mobility problems to participate in the full spectrum of community activities. It will also promote the dignity and independence of all individuals."

The decision was reached in cooperation with other provincial ministries and agencies, including the Office for Senior Citizens' Affairs and the Office for Disabled Persons. There was extensive consultation with consumer groups, municipal and industry associations and service providers.

Mr. Wrye also outlined the following related initiatives:

- An increase in funding from 75 percent to 90 percent for accessibility features on conventional transit systems — an added incentive of about \$8.7 million to municipalities to equip their fleets with such features as kneeling buses that lower the front step, angled courtesy seating and improved public address systems.

- Conversion of the three-year old accessible taxi program from a demonstration project to a full program — a provincial commitment of more than

\$1 million a year. Mr. Wrye noted that disabled persons use taxis eight times as much as the general population.

The Ministry of Transportation will work with the Toronto Transit Commission to implement recommendations from their recent report, *Choices for the Future*. These recommendations include improvements to Wheel-Trans services, installation of easier access features on conventional transit, accessibility to all new rapid transit stations and retrofitting 20 key existing stations.

In addition, GO Transit's new commuter rail stations will be accessible to people with disabilities. GO officials

are also developing a plan for retrofitting key GO stations and will review progress with the Minister in the fall.

The new undertakings will have important implications for all parts of Ontario, the Minister added. Combined with programs already in place, they will move the province "significantly closer to our goal of a full range of transportation options for all Ontarians."

Council is pleased to note that the new initiatives reflect recommendations contained in *The Freedom to Move is Life Itself*, the 1987 report on transportation prepared jointly by the Ontario Advisory Councils on Senior Citizens and Disabled Persons.

Awards presented at Queen's Park



Twenty seniors received 1990 Ontario Senior Achievement Awards. Details on page 4.

Health 65: the new Ontario Health Card

Health Card Information Kits have been mailed to every household in Ontario. This kit contains details about how to register for a new plastic Health 65 Card that replaces both the OHIP card and the Ontario Senior Citizens Privilege Card.

If you did not receive a kit where you live, kits are also available at Canada Post Offices and your local Ministry of Health office. It is important that you complete and return the registration form without delay. A new card will be mailed to you about eight to ten weeks following receipt by the Ministry of your Health Card Information Form.

When you receive the new Health 65 Card, give the number to your pharmacist for his or her records. The Health 65 Card will enable Ontario's senior citizens to obtain health benefits



including approved, prescribed medications. Seniors should continue to use their current Ontario Senior Citizen Privilege Card number until their pharmacist advises that he or she is able to accept the Health 65 Number (which will probably be this summer).

If you are eligible for Ontario's Drug Benefit, remember that this benefit applies only to prescriptions received in the province of Ontario.

In future, persons who have an Ontario Health Card and who are turning 65 will automatically be mailed a new Health 65 Card.

The Ministry recommends that you record your new Health 65 Card number and put it in a safe place, in case the card is lost and the number is needed for replacement purposes.

The Health 65 Card can also be used to enjoy admission free, or at reduced rates, to all provincial parks and many historical and cultural sites in Ontario; also, some municipal transit systems and business firms offer special rates to senior citizens.

If you have any questions about registration for the Ontario Health Number and Drug Benefit eligibility, please contact: (613) 548-6552 (Kingston) or (416) 965-9337 (Metro Toronto).

Advisory Council begins 1990-91 term



Getting down to business: 1990-91 Council members, left to right (front row) Daphne Bailey, JoAnne Fillmore, Raymond Yukich, Dr. Helene Shingles; (back row) Jean-Paul Van Bergen, Jean-Louis Racine, Rev. Lloyd Cracknell, Ralph Sweet, Q.C., Rev. Ruth Butt, Allan McNab, Maria Santi, Murray Chalmers, Dr. William Arnup, Rev. Canon Clifford Ward, Dr. Fai Liu.

Members of the Ontario Advisory Council on Senior Citizens met in Toronto in June to plan their work for 1990-91. At the top of the agenda this year are reverse mortgages (home equity conversion) and palliative care. Council will also continue its investigation of aging in small Ontario communities.

Council has a total of 16 members, who each serve a three-year term. New appointments announced recently by the Honourable Gilles Morin, Minister for Senior Citizens' Affairs are as follows:

□ **Daphne Bailey, Etobicoke.** Ms. Bailey is a longstanding member of the Jamaican Canadian Association. She is a public health nurse with the Victorian Order of Nurses (VON) and has considerable experience working with seniors.

□ **Reverend Ruth M. Butt, Woodstock.** An experienced family counsellor, Mrs. Butt is Associate Minister, Chalmers United Church, Woodstock. She is currently designing and co-ordinating a special ministry involving seniors' programs and intergenerational outreach.

□ **A. William Hughes, Toronto** (appointed Vice-Chairman of Council). Mr. Hughes is a retired administrator who worked in the fields of accounting, systems and financial services. Currently Chair of the Toronto Mayor's Committee on Aging,

he is a former chair of the Council on Suicide Prevention and serves on a number of advisory boards.

□ **Dr. Fai Liu, Toronto.** A graduate of Shanghai Medical College, Dr. Liu is on the medical staff at Toronto Western Hospital and maintains a private practice in internal medicine and geriatrics. He has an extensive community service record and is currently President and Chairman of the Board of the Mong Sheong Foundation.

□ **Jean-Louis Racine, Ottawa.** A retired bank manager, Mr. Racine is a board member of Montfort Hospital, a long-term care facility. He is past chairman of the Richelieu Club of Vanier and a former part-time member of the Ontario Board of Parole.

□ **Maria Santi, Sudbury.** Ms. Santi is Cross-Cultural Co-ordinator for the Sudbury Multicultural/Folk Arts Association. A member of the Sudbury Race Relations Committee, she is also regional representative for the Ontario Immigrant and Visible Minority Women's Organization.

□ **Dr. Helene L. Shingles, Sarnia.** A retired dentist, Dr. Shingles established a full-time voluntary dental service to help meet the needs of seniors in the community and in long-term care facilities. In her retirement she has

remained active in providing dental care for senior citizens.

□ **Ralph D. Sweet, Q.C., Ottawa.** Mr. Sweet is a lawyer who practices real estate, corporate and commercial law. He is active in the Heritage Canada Foundation and is past Lieutenant-Governor of the Ontario, Quebec and Maritimes District of Kiwanis International.

□ **Jean-Paul Van Bergen, Vankleek Hill** (near Ottawa). Mr. Van Bergen is a retired federal civil servant and former high school teacher and actor, now active with seniors. He is a member of the Advisory Committee, Ottawa Elizabeth Bruyère Health Centre—Positive Health for Seniors.

□ **Raymond A. Yukich, Sault Ste. Marie.** Mr. Yukich is a property manager for the Sault Ste. Marie Lions Club Housing Corporation. A former administrator of federal social security programs, Mr. Yukich is a volunteer with a number of organizations including the Sault Ste. Marie and District Group Health Association.

Continuing their service on Council are: JoAnne Fillmore, Chairman, Leamington; Dr. William B. Arnup, Vice-Chairman, Lindsay; Murray B. Chalmers, London; Reverend Lloyd Cracknell, London; Allan McNab, Renfrew, and Reverend Canon Clifford Ward, Toronto.

Through the Minister for Senior Citizens' Affairs, Council advises the Ontario Government on topics of interest and concern to seniors.

MAILBAG

FROM a reader in Etobicoke:

How refreshing to read the letter from the gentleman in Orleans (Spring 1990) who at age 74 still enjoys riding his motorcycle. Now there's someone who still loves to live life rather than dwell on the inevitable. I'm with you, sir, and at age 67 have just purchased a new motorcycle for myself and am enjoying every moment. Don't let anyone convince you that you're too old as long as your health allows you to participate.

Especially for Seniors

Published quarterly
by the Ontario
Advisory Council
on Senior Citizens
Suite 203,
700 Bay Street,
Toronto, Ontario,
Canada M5G 1Z6

Co-ordinating Editor: Felicity Corelli

Date of issue: July/August 1990

Second-class postage paid at Barrie, Ont.,
under Permit No. 4357.

MEMBERS OF THE ONTARIO ADVISORY COUNCIL ON SENIOR CITIZENS 1990-91

Mrs. P. J. Fillmore, *Leamington* (Chairman); Dr. William B. Arnup, *Lindsay*; Mr. William A. Hughes, *Toronto*, (Vice-Chairmen); Ms. Daphne Bailey, *Etobicoke*; Rev. Ruth Marie Butt, *Woodstock*; Mr. Murray W. Chalmers, *London*; Rev. Lloyd Cracknell, *London*; Dr. Fai Liu, *Toronto*; Mr. Allan A. McNab, *Renfrew*; Mr. Jean-Louis Racine, *Ottawa*; Ms. Maria Santi, *Sudbury*; Dr. Helene Shingles, *Sarnia*; Mr. Ralph D. Sweet, Q.C., *Ottawa*; Mr. Jean-Paul Van Bergen, *Vankleek Hill*; Rev. Canon Clifford A. Ward, *Toronto*; Mr. Raymond A. Yukich, *Sault Ste. Marie*.

Please do not write to us about changes of address. When you notify Old Age Security, your address label is automatically updated. However, if you wish to be deleted from our mailing list, clip the label from your paper and mail it with your request to *Especially for Seniors*. Please be patient. Changes to the mailing list take a while.

For information on programs and services available to seniors in Ontario, telephone the Office for Senior Citizens' Affairs, (416) 965-5106. Outside the Toronto area, dial toll-free 1-800-267-7329.

THE CHAIRMAN'S MESSAGE

The circle of those I have had the pleasure of greeting in person gets wider and wider. Since our last contact through *Especially for Seniors* I have shared in celebrations, recognition nights, annual meetings and other special events in many parts of our wonderful province. Perhaps "Getting to know you" should be my theme song.

As you will read elsewhere in this issue, Council is now up to full strength of 16 members with the recent appointments of ten new persons. I warmly welcome these new members of Council, as well as those who are continuing their service with us.

Those members of Council who have completed their terms can rest assured that they have served well and capably and that their individual contributions leave us in their debt. I name them in recognition of their legacy: Linda Ciaschini, Weston; Lloyd Gable, Blenheim; Beth Kelter, Toronto; Yvonne LeBel, Kirkland Lake; Elta McLeod, Sault Ste Marie, and Ted Montague, Jarvis.

Following our initial sessions with our new 1990-91 Council, I can relay to you that we are going to devote ourselves to dealing with the issue of retirement in smaller communities and rural areas of our province, as well as palliative care and home equity conversion (which you may know as reverse mortgages), all of which affect the quality of life of the elders in our society.

Your role is to keep us informed of the good things, as well as the concerns that

surface in your lives or in your communities. We would particularly welcome comments from those of you who live outside major cities, although all letters to Council help us in our research and your comments receive special attention. Where warranted, I relate issues to the Honourable Gilles Morin, Minister for Senior Citizens' Affairs, and through him to his colleagues in the Government of Ontario.

It was a privilege to have a part in the presentation of Senior Achievement Awards at the end of May. The awards went to 20 outstanding residents of Ontario for their accomplishments in a variety of endeavours in their later years. Again, my congratulations to these winners.

Late spring and early summer are popular times for conventions and conferences. As Council Chairman, I attended a number of these events and will mention two that were outstanding.

The Canadian National Institute for the Blind (CNIB) held a consultation with Ontario persons who could be expected to make a contribution to strategic planning in the areas of research and services for people with visual impairments. Following that, Dr. Margaret Cahoon and I represented the Ontario Consultation at a National Symposium held in Ottawa. CNIB is recognizing that it alone cannot be expected to meet all the needs of the growing number of people with this kind of disability, many of whom are in their later years.



JoAnne Fillmore, Chairman
Ontario Advisory Council on
Senior Citizens

Also held in Ottawa was *Aging into the 21st Century*, a national forum of seniors, professionals, academics and government representatives. We tried to capture a vision of the year 2021 when the peak of the "baby boomers" will become 65. Almost 100 speakers covered a wide range of topics on aging. As a Recommendations Group, 18 of us are continuing to meet to formulate action plans, strategies for change, as a result of the initiatives coming from that conference.

May this edition of *Especially for Seniors* find you enjoying the "lazy, hazy days of summer."

Ontario's Access Fund: renovating for accessibility

What does your community centre or place of worship need to become more accessible for seniors and persons with disabilities?

For the Good Companions Seniors' Organization in Ottawa, it was a power door and a lay-by where buses could stop. The Caledonia Seniors' Friendly Club needed an elevator. Both organizations obtained grants from Ontario's Access Fund to assist with the needed renovations.

The Access Fund is co-sponsored by the Offices for Senior Citizens' Affairs and Disabled Persons to afford seniors and individuals with a disability increased access to existing community meeting rooms and public facilities.

"The scope of the Fund is very broad," says Co-ordinator Douglas Mayer. Renovations that qualify for funding include ramps, grab bars, braille and tactile sensory features, alert and emergency systems and structural alterations such as widening doors and redesigning washrooms. The Royal Canadian Legion in Coldwater installed non-skid flooring; other recent projects include paint schemes on walls to assist individuals with a visual impairment, and a ramped sidewalk.

Under new guidelines announced recently, eligible organizations with the primary mandate of providing services

to seniors or persons with a disability, and which do not receive regular or ongoing operating or capital funding from provincial or federal ministries/departments, are eligible to receive an Access Fund grant of up to 75 percent of pre-approved costs of a project. The maximum grant is \$50,000. Costs that are eligible for funding include fees for architects and engineers, permit and inspection fees, construction costs directly related to the project, and permanently installed fixtures.

Other features of the expanded program include:

- ☐ broadened eligibility requirements to include community-based non-profit organizations that provide important services to seniors and people with disabilities, e.g., consumer advocacy, employment counselling and training, volunteer services and co-ordination, shelter for victims of family violence;
- ☐ provision of assistance for equipment of facilities with portable aids for people who are hard-of-hearing or deaf, e.g., FM amplification systems and TDDs (telecommunications devices for the deaf).

Applicants must be private, non-profit organizations which have been incorporated at least one year before applying to the Fund. If an organization receives a substantial amount of its

funding from a federal or provincial government source, it will not be eligible. Certain grants from municipal governments may be considered. In-kind donations such as labour or materials will be considered up to one-quarter of the applicant's share of the costs.

Since the Fund was established in 1987, about 300 projects have been completed and another 200 are under construction. Project Officers with the Access Fund do not act as project managers, but they will provide you with information and guidance in the completion of the application. "We want to work with you," says Mr. Mayer.

For information, contact: Access Fund, Office for Disabled Persons, 700 Bay Street, Suite 201, Toronto, Ontario M5G 1Z6, or telephone (416) 326-0166 (Voice/TDD) or toll-free 1-800-387-4456, ext. 66 (toll-free).

Please help us.

If you are retired and live in a small or rural Ontario community, Council would like to hear:

- ☐ What do you like about it?
- ☐ What makes it difficult for you?

Please write to: Researcher, Ontario Advisory Council on Senior Citizens, 700 Bay Street, Suite 203, Toronto, Ontario M5G 1Z6.

The winners: 1990 Ontario Senior Achievement Awards

On May 31, 1990, 20 seniors were honoured for their continuing contributions to the community. The Honourable Lincoln Alexander, Lieutenant Governor of Ontario, and the Honourable Gilles Morin, Minister for Senior Citizens' Affairs, presented the 1990 Ontario Senior Achievement Awards at a ceremony at Queen's Park. Bill McNeil, host of CBC's *Fresh Air* was the M.C. This year's award recipients were:

Helen Burkholder, London. Mrs. Burkholder helped originate the United Church's London Conference, "Ministry to Older Persons Committee." A well-known speaker who gives freely of her time to community organizations, she also teaches yoga and meditation. At 85, she takes Tai Chi and swimming classes, gardens, collects stamps and paints in oil.

Kenneth Davis, Toronto. Mr. Davis founded the Canadian Foundation for World Development, a volunteer organization that has worked on projects in several third world countries, including eyeglass distribution from a mobile clinic in Mexico, restoring depleted forests, construction of schools, and dismantling a Toronto building for reassembly as a hospital in Haiti.

Rev. C. Heber Dickinson, Woodstock. Dr. Dickinson is a retired United Church Minister who was General Manager of the Church's publishing house, Ryerson Press, for 25 years. Instrumental in establishing the Woodstock Community Services Council, at 90 years of age he serves as President of Learning Unlimited, an educational program for seniors in Oxford County.

Alice Dumond, Barrie. During more than 40 years of volunteer service in Canada and other parts of the world, Mrs. Dumond was a founder of the Brentwood Catholic Women's League in 1951 and has remained an active member for 38 years. Honoured for 25 years of service with the Canadian Cancer Society, she has worked for the Red Cross Home-maker Program, and with groups on issues affecting rural women, children and senior citizens.

Maurice Fillion, Toronto. Since his retirement 15 years ago, Mr. Fillion has devoted his time and energy to Toronto's francophone community. Thanks to his efforts on behalf of the Centre des Pionniers in particular, the Centre is able to offer social and community services to over 200 francophone seniors.

Frank Fisher, Collingwood. Mr. Fisher has helped preserve our heritage by collecting and restoring artifacts and even entire buildings. Through his efforts, many Heritage buildings slated for demolition have been purchased, taken down and removed — often by Mr. Fisher himself. They are now located in the Heritage site, "By-gone Days Farm Museum".

Vincent Fox, Alliston. Until recently, Mr. Fox worked every day of the week as a volunteer at the Stephenson Memorial Hospital. He is heavily involved helping fellow residents at his retirement home

and, in the community, takes elderly people shopping, does home repairs for neighbours and has delivered Meals on Wheels.

Eileen Hawthorn, Scarborough. At age 80, Mrs. Hawthorn is a program assistant in the adult day program at the St. Paul's L'Amoureux Centre for Seniors. She also leads group discussions and activities for seniors, teaches bridge, and sits on the volunteer orientation committee.

Eric LaBine, Pembroke. After 25 years, Mr. Labine still drives the school bus at age 75. He also takes gifts to homes for the aged, visits the lonely and elderly in their homes, and helps local farmers with their chores. At Christmas, he makes up care packages and takes them to shut-ins.

Ruth Lunel, Scarborough. Mrs. Lunel has been a tireless champion of seniors' rights. Considered a vital link between seniors in Scarborough and local agencies and services, she has been a diligent advocate for seniors on issues that affect them — including housing, taxation reform and health care — as well as helping on a one-to-one basis.

Margaret McDougall, Red Lake. For 40 years Mrs. McDougall has written a weekly local newspaper column. She was Red Lake's first librarian, serving well into her seventies, and a founding member of the Red Lake Branch of the Legion's Ladies Auxiliary. Mrs. McDougall is the longest-serving (58 years) member of the Red Lake Anglican Church Women's Association.

Lilia Michieli, Sioux Lookout. At 83, Mrs. Michieli is a charter member of the Catholic Women's League who continues to be involved, a regular hospital visitor, and a member of the Drug and Alcohol Abuse Committee. She served on the organizing committee for the Sioux Area Senior Activity Centre and was involved in planning the town's extended care facility.

Irene Nicholls, Perth. In her seventies, with a husband with Alzheimer's Disease, Mrs. Nicholls organized an Alzheimer meeting. About 40 people responded, the beginning of many years of extraordinary work for the Alzheimer Society of Lanark County. Mrs. Nicholls also started a program linking seniors with children who have reading problems.

Stan Racicot, Copper Cliff. Always an active volunteer in the community, after his retirement Mr. Racicot founded United Inco Pensioners with the support of Local 6500 of the United Steelworkers of America. The group has played a leading role in addressing seniors' issues including pension reform, health care, extra billing and affordable housing.

Dr. Paul Rekai, Toronto. Immigrating from Hungary 40 years ago, Dr. Rekai has dedicated more than 30 years of his 50-year medical career to the development of multicultural concepts in Canadian hospital services. Two years ago, at age 76, he also created the Reikai Centre, the first multilingual, multi-

cultural nursing home in Canada.

Cipriano T. Rey Hipolito, Markham. A lawyer, "CIP" has assisted many organizations and individuals with free legal services. He was a major force behind the establishment of the Filipino Parents Association, the Filipino Senior Citizens' Club of Metro Toronto and the National Congress of Filipino Canadian Associations — to name just a few.

Sidney Schipper, Toronto. At age 65, Mr. Schipper continues part-time his 20-year teaching career in fashion, fur and business. He has been involved in numerous associations, committees, boards and councils, has written — and continues to write — countless articles and publications, and helped found the Canadian Council for Native Business, of which he is still Director.

George Simmons, Woodstock. After a distinguished career in education, Mr. Simmons recently established the Oxford Industrial Training Group, to train young people in trades that need skilled workers. He was co-Chairman of a Tornado Relief Fund and, through personal visits alone, raised \$157,000 for the Woodstock General Hospital Fund-raising Campaign.

William Urquhart, Welland. Since his retirement as a dairy farmer 17 years ago, Mr. Urquhart and his wife have worked in several third world countries. He brought better methods of forage production and improvements in breeding stock to Cuba, and led a team of veterinarians in India to introduce a cross-breeding program for cattle which resulted in a leap in milk production.

Bill Wing-Yin Yu, Scarborough. Since retiring from the Toronto General Hospital in 1982, Mr. Yu has volunteered his time to a number of projects. He plays a leadership role in organizations including the Toronto Tai Chi Association and the Scarborough Seniors' Association. A major achievement was the establishment of the Chinese Seniors' Health and Recreation Association.

A special award honoured the contribution of the late **William John (Whipper Billy) Watson** for his efforts in fostering inter-generational links through his lifetime work with disabled children and seniors. The award was accepted by Whipper Billy's wife, Eileen Watson.

WIT N' WISDOM

The older we get the farther we had to walk to school in our youth.

Summer is the time of year when the highway authorities close the regular roads and open the detours.

Integrity is what keeps you from looking ahead to see how the story ends.

Nostalgia is longing for the place you wouldn't move back to.

— with thanks to *Reflections of The Retired Teachers of New Brunswick*

More cartoons

Here are two more winning entries from the cartoon contest held in the Fall 1989 issue of *Especially for Seniors*. Neil Gillespie sent in a complete cartoon; Dorothy Eker submitted several ideas for cartoons, one of which has been illustrated here by "Skeff". Other cartoons will be published in future issues.

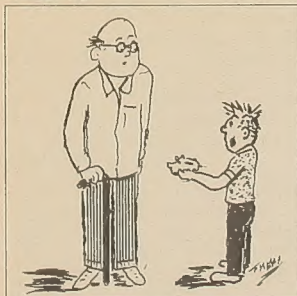


"Fred! You bring that back here and build yourself a fishing hut. You know I take prune juice every night!"



Neil Gillespie, Wilno

Living close to several lakes, Neil Gillespie, 70, has done a fair bit of fishing in his time. He has also done some painting and, since a recent heart operation, has begun building model ships. Currently he is working on a sailing ship.



"Grandpa, if you contribute, I'll write you an income tax receipt."



Dorothy Eker, Guelph

Dorothy Eker always wanted to do "gag work" — write quips for cartoons — and is now doing it on a fairly steady basis. "Life can produce enough sorrow to fill anyone's cup," says Mrs. Eker. "If you can bring humour into every aspect of life, half the battle's won."

Heating hints for mobile homes

Heating a mobile home presents a special set of circumstances.

According to the Ministry of Energy, mobile homes must meet energy efficient standards of insulation when they are manufactured. Space limitations usually require that a high-value insulation such as polyurethane is used in walls and ceiling. In response to questions from readers, the Ministry offers the following tips for making a mobile home more energy efficient:

□ Air can leak through any holes cut in the floor for water, drains, electric lines, ducts etc. The gaps around these holes should be caulked with a silicone or acoustical caulking. Air infiltration can account for up to 40 percent of the heat loss of the structure.

□ Forced air heating systems often have the duct work running under the frame of the mobile home. Usually there is very little insulation covering the ducts. Increasing this insulation will prevent a great deal of heat loss. It will also increase comfort, as it will reduce the possibility of cold air being blown out of the ducts when the furnace starts.

□ Putting insulated skirting around the perimeter of the frame will not only make the floors warmer but will also reduce the danger of freezing pipes. The skirting will be most effective if insulation extends 1-2 feet below ground level.

□ An enclosed porch will protect the door of the home from the wind. It will also provide additional living space. If the doorway has a southern exposure, a glassed-in porch will trap solar heat during the winter.

□ If your windows have only one layer of glass, a second layer will make a

significant difference in energy consumption and the comfort of the home. Interior storm windows can be made from plexiglass, glass in wood frames or polyethylene and tape.

□ Be sure that windows used as emergency exits are not closed off by permanent fastening or fixed covers.

More information on energy conservation

For information on how you can save money by saving energy (and helping our environment), please write for the following free booklets:

□ Where and How To series

1. Caulk and Weatherstrip
2. Install Air-Vapour Retarders
3. Insulate Basements
4. Provide Fresh Air & Control Humidity in a Tighter House
5. Insulate Cathedral Ceilings and Flat Roofs
6. Improve Fireplace Efficiency

□ Consumer Guide series

- To Buying Energy-Efficient Appliances & Lighting
- To Buying Energy-Efficient Windows & Doors
- To Buying Energy-Efficient Re-sale Homes

□ Fascinating Facts

Write to the Ministry of Energy, Corporate Relations Branch, 56 Wellesley Street West, 9th Floor, Toronto, Ontario M7A 2B7.

Prescribing for convenience and economy

Did you know that it is no longer necessary for a physician to write a prescription in one-month quantities with repeats? If the doctor decides that a patient needs medication for an extended period of time, the prescription may be written for a sufficient quantity and the pharmacist will dispense that amount.

For people eligible for Ontario's Drug Benefit (ODB) Program — and that includes virtually all seniors living in Ontario — the Ministry of Health will pay a pharmacy for a quantity of approved prescribed medications sufficient for up to a 250-day course of treatment. This is more convenient for many patients and more economical for the Ministry.

Please remember, however, that in certain cases the physician may still decide that, to ensure good patient care, it is preferable to prescribe medications in smaller quantities. Perhaps a drug is being used for the first time and the physician wishes to observe the patient's reaction. Or, the physician or pharmacist may decide that there are other good reasons. For example, a drug may have



a short "shelf life," or require refrigeration. Your physician and pharmacist can advise you about this.

The patient may also ask the pharmacist, in writing, to dispense a smaller quantity.

Please discuss prescription quantities with your physician and pharmacist to ensure you are being provided with the quantities that are right for you.

If you require further information on prescription quantities, please contact: Ontario Drug Benefit Program, Drug Programs Branch, P.O. Box 68, Kingston, Ontario K7L 5K1, telephone (613) 548-6572, or (416) 965-9451.

A tale of two home sharers



Alice, an active woman in her nineties and Peggy Ann, a mature student attending college in Toronto, have been happily sharing a home in Hamilton for nearly a year. This "match made in heaven" was co-ordinated with the assistance of the Home Sharing Program sponsored by the Victorian Order of Nurses (V.O.N.) in Hamilton-Wentworth.

This agency, and 16 others throughout Ontario, co-funded by the Ministry of Housing, provide a unique service of matching people who are searching for affordable rental housing, with people who have extra space in their homes.

If you live alone, and perhaps need a bit of help around the house, this "tale of two home sharers" will inform you on how you too can benefit from shared living.

Alice had previously shared her home with a nursing student from Mohawk College. As Alice was still interested in sharing after this living arrangement ended, she was referred to the V.O.N. Home Sharing Program by the college.

Peggy Ann, a Human Services Counselling student at George Brown College, heard about the Home Sharing Program through the local library. She had been living with a friend before she met Alice. Unfortunately this arrangement did not provide an environment conducive to her many hours of studying.

After a careful interviewing and screening process provided by Beryl Stephen, the Home Sharing Co-ordinator in Hamilton, Alice and Peggy were introduced to each other. At their first meeting they knew that their match would work, so Peggy Ann moved into Alice's home after an agreement had been drawn up.

Alice enjoys Peggy Ann's company tremendously and feels more secure now that someone else is living in the house with her. She is also glad that she is able to stay in her own house, in the neighbourhood that she knows best.

Alice does not feel old when she is with Peggy Ann; she is reminded of

things she used to do when she was younger. Companionship is the most valued benefit that Alice has gained from this living arrangement.

When Peggy Ann first registered with the agency, she had concerns that she might be expected to spend a lot of time looking after someone. However, when she met Alice she was reassured and comforted by her energy and independence. Because of Alice's stamina and love for life, Peggy Ann sees her as an inspiration and hopes to be as active as Alice when she is 90 years plus.

Peggy Ann feels fortunate and grateful for her current living situation. She has her own bedroom and has full use of the rest of the house. She feels it would have been financially impossible to live on her own and attend school at the same time. Since she started living with Alice, she has been able to maintain a "B" average throughout her first year of school. Although she does not see the arrangement as permanent in the long term, she would like to continue living with Alice for at least two more years, until she finishes school.

The two women share many interests in common. Peggy Ann and Alice play cards at least once a week. Sometimes they go shopping or watch television together, and lately they have been doing some gardening. In addition, because Alice is diabetic, Peggy Ann checks her blood sugar levels when she needs assistance.

In case any problems arise between the two sharers, the Home Sharing Co-ordinator is available to intervene, if requested, in order to assist clients in their conflict resolution.

Although home sharing has certainly worked for Alice and Peggy Ann, it is not an option for everyone. Peggy Ann recommends that potential sharers "be flexible and keep an open line of communication." Alice highly recommends the Home Sharing Program for seniors who are living alone and who would enjoy the companionship of others.

To find out if a Home Sharing agency is located in your municipality, check the list below.

Metro Toronto	
York Housing Registry	
York Community Services	(416) 653-5400
East York	
Flemingdon Park Neighbourhood Services	(416) 424-2008
S.H.A.P.E.S.	
(Scarborough)	(416) 285-8070
City of Toronto	
Home Sharing Program	(416) 392-7472
SHARING Metro Toronto	
Shared Accommodation Service for	
Older People	(416) 591-1657
Home Share	
Etobicoke	(416) 249-7378
North York Housing Connection	(416) 630-3243
Hamilton	
V.O.N. Home Sharing	(416) 523-7370
London	
London Housing Registry	(519) 433-1791
Niagara	
Niagara Homeshare	(416) 687-7414
North Bay	
North Bay Home Share Program	(705) 472-8132
Ottawa-Carleton	
Match and Share Seniors Homesharing Program	(613) 560-1366
Ottawa YM-YWCA	
Shared Housing	(613) 237-1320
Peterborough	
Peterborough Homesharing Program	(705) 742-4258
Sudbury	
Region of Sudbury Home Sharing Program	(705) 673-2171 ext. 214
Waterloo	
HOMESHARE — Waterloo Region	(519) 578-9894
Windsor	
Windsor Home Sharing Program	(519) 254-2333

If your community is not listed here, please contact Sarah Boyd/Mildred Fulgencio, at the Ontario Ministry of Housing, Housing Supply Policy Branch, 777 Bay Street, Toronto, Ontario M5G 2E5, or telephone (416) 585-7545.



A WELCOME OPPORTUNITY FOR ALL KINDS OF PEOPLE.

Une histoire de co-habitation



Alice, une femme active de plus de quatre

vingt dix ans et Peggy Ann, un étudiant idéal a été rendu possible grâce au logement à Hamilton. Ce jumelage partagent avec joie depuis près d'un an un logement à Hamilton. Le jumelage adulte fréquente un collège de Toronto, Alice, une femme active de plus de quatre

Cet organisme, ainsi que seize autres de Hamilton-Wentworth. Programme de logement partagé par l'entremise de l'Office de Victoria par les Infirmités.

Le ministère du Logement, offert un service unique de jumelage pour des personnes à la recherche d'un logement à prix raisonnable, avec des gens qui

desirent partager leur domicile. Vous vivez seul et avez besoin d'un peu d'aide pour l'entretien de la maison? L'histoire de ces deux femmes vous apprendra certainement comment vous pouvez aussi bénéficier de la co-habitation.

Alice avait déjà partagé son logement avec une étudiante en science infirmière du collège Mohawk. Comme Alice était intéressée à renouveler cette expérience, elle fut référée par le collège au Programme de logement partagé des I.O.V.

Peggy Ann, une étudiante en service social a entendu parler du Programme de logement partagé pour la première fois à la bibliothèque municipale. Elle avait partagé un appartement avec une amie avant de rencontrer Alice, mais cette situation ne convenait pas en raison de ses nombreuses heures d'étude.

Après plusieurs entrevues et une sélection minutieuse de la part de la coordonnatrice du programme à Hamilton, Peggy Ann et Alice ont signé un contrat de location. Elles ont rencontré, une complicité s'installa entre elles. Aussitôt après qu'une entente a été conclue, Peggy Ann emménagea.

Alice appela aussi le fait qu'elle puisse continuer à habiter dans son quartier. Alice ne se sent pas vieillie du tout en présence de Peggy Ann. Elle se souvient souvent de sa jeunesse. La compagnie d'une autre personne est pour Alice le plus grand bénéfice qu'elle retire de cette expérience.

Lorsque Peggy Ann s'est inscrite au

Programme de logement partagé, elle s'attendait à ce qu'elle devrait sans doute consacrer beaucoup de temps à prendre soin d'une autre personne, mais en rencontrant Alice, elle fut tout de suite rassurée par l'énergie et l'autonomie de cette femme.

Alice est vénétoise et elle aime la vie, et ceci donne à Peggy Ann une inspiration et un espoir pour demeurer aussi active quand elle sera âgée de quatre-vingt dix ans.

Peggy Ann se sent très chameuse et apprécie grandement l'endroit où elle vit. Elle a sa propre chambre et a accès au reste de la maison. Elle sait très bien qu'il lui aurait été financièrement impossible de fréquenter l'école et de demeurer seule en même temps. Depuis qu'elle vit avec Alice, Peggy Ann a réussi à maintenir une moyenne de "B" tout au long de sa première année collégiale.

Bien qu'elle considère que cet arrangement est temporaire, elle aimerait bien vivre avec Alice pour au moins deux autres années, soit d'ici la fin de ses études.

Les deux femmes ont plusieurs intérêts communs. Elles jouent aux cartes une fois par semaine, vont faire des achats de temps à autres, elles regardent la télévision et dernièrement, elles ont même commencé à faire du jardinage.

De plus, comme Alice est atteinte de diabète, Peggy Ann l'aide à vérifier son taux de sucre dans le sang quand elle ne peut le faire seule.

Si un problème survient entre les deux locataires, la coordonnatrice du programme peut intervenir sur demande afin de régler le conflit.

Partager un logement a été une expérience enrichissante et sans problème majeur pour Alice et Peggy Ann, mais ceci ne signifie pas qu'il en sera de même pour vous.

Peggy Ann conseille aux personnes intéressées par le programme d'être flexibles et de toujours garder une bonne communication. Pour sa part, Alice n'hésite pas à recommander le Programme de logement partagé aux personnes âgées vivant seules et qui aimeraient un peu de compagnie.

Pour le bureau du Programme de logement partagé le plus près de chez-vous, voyez la liste suivante.

Communauté urbaine de Toronto
Le registre de loyers de York
York Community Services
(416) 653-5400

East York
Flemington Park
Neighbourhood Services
(416) 424-2008

S.H.A.P.S.
(Scarborough) (416) 285-8070

Le Programme de logement partagé de
Toronto (416) 392-7472

SHARING les logements
partagés de la communauté urbaine
de Toronto
Services pour les personnes âgées
(416) 591-1657

Le Programme de logement
partagé
d'Oakville
(416) 249-7378

North York Housing
Connection
(416) 630-3243

Hamilton
Le Programme de logement
partagé des Infirmités
de l'Office de
Victoria
(416) 523-7370

London
Le registre des loyers
de London
(519) 433-1791

Niagara
Le Programme de
logement partagé
de Niagara
(416) 687-7414

North Bay
Le Programme de
logement partagé
de North Bay
(705) 472-8132

Ottawa-Carlton
Le Programme pour les
personnes âgées (613) 560-1366

Le Programme de logement
partagé du YM-YWCA
d'Ottawa
(613) 237-1320

Peterborough
Le Programme de
logement partagé de
Peterborough
(705) 742-4258

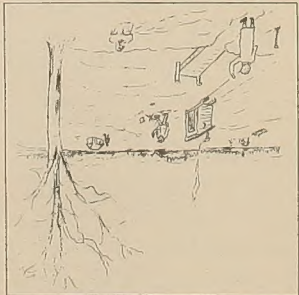
Sudbury
Le Programme de logement
partagé de la région de
Sudbury
(705) 673-2171 ext. 214

Waterloo
Le Programme de logement
partagé de la région
de Waterloo
(519) 578-9894

Windsor
Le Programme de logement
partagé de
Windsor
(519) 254-2333

Si votre localité n'est pas sur la liste
ci-dessus, communiquez avec Sarah
Boyd ou Mildred Fulgencio, au
ministère du Logement de l'Ontario,
Section des politiques de l'Office de
logements, 777, rue Bay, Toronto
(Ontario) M5G 2E5 ou téléphonez
au (416) 585-7545.

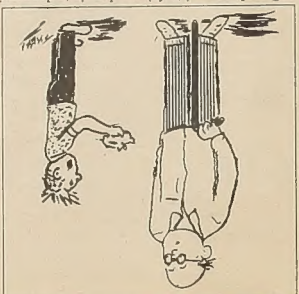
Voici deux autres gagnants du concours de dessin du *Courrier des Aînés*, édition automne 1989. Neil Gillespie nous a fait parvenir un dessin et Dorothy Eker nous a fait parvenir plusieurs. Voici les dessins dont un reproduit ici par notre cartonnier Skeff. D'autres dessins seront publiés dans les prochaines éditions.



« Fred! Rapporte-moi cette bouteille et cons- truit ta cabane de pêche, tu sais que j'ai une boîte de jus de prune tous les soirs. »



Neil Gillespie, Wilno
Neil Gillespie, 70 ans, a vécu toute sa vie dans une région pleine de lacs et a donc passé beaucoup de temps à pêcher. Il fait aussi de la peinture et tout récemment, depuis qu'il a subi une opération au cœur, il a commencé à construire des modèles réduits de bateaux.



« Grand-papa, si tu fais un don, je donnerai un reçu d'impôts! »



Dorothy Eker a toujours voulu faire rires gens en écrivant des commentaires drôles pour les caricatures. Aujourd'hui elle en fait de plus en plus. « La vie est pleine d'obstacles et de peines, dit-elle, si on peut y ajouter un brin d'humour, la bataille sera presque gagnée. »

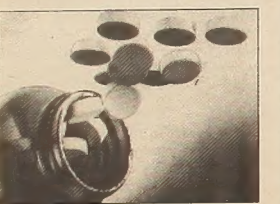
Conseils sur le chauffage de maisons mobiles

fenêtres peuvent être installées sur cet ajout afin de capter la chaleur du soleil en hiver.

- L'emploi de contre-fenêtres peut faire une grande différence quant à la consommation d'énergie et le confort de la maison. Ces contre-fenêtres peuvent être faites de plexiglas, de verre ou de polyéthylène.
- Assurez-vous que les fenêtres utilisées pour les sorties d'urgence ne soient en aucun temps verrouillées ou bloquées.

Renseignements sur la conservation de l'énergie...

- 1. Calfeutrer et poser des coupe-froid
 - 2. poser des pare-air-vapeur
 - 3. Isoler les sous-sols
 - 4. Contrôler le renouvellement de l'air et l'humidité dans une maison plus étanche
 - 5. Isoler les plafonds cathédrale et les toits-terrasses
 - 6. Améliorer l'efficacité d'un foyer
 - 7. Guide du consommateur
 - 8. pour l'achat d'appareils électroménagers et d'éclairage à bon rendement
 - 9. pour l'achat de fenêtres et de portes à bon rendement énergétique
 - 10. pour l'achat d'une maison existante à bon rendement énergétique
- Écrivez au ministère de l'Énergie, Direction des relations générales, 56, rue Wellesley ouest, 9^e étage, Toronto (Ontario) M7A 2B7.



Les ordonnances : maintiendrez-vous des pratiques économiques et pratiques

Saviez-vous qu'il n'était plus nécessaire pour un médecin de remplir une ordonnance mensuelle avec droit de répétition? Si le patient doit prendre un médicament sur une période de temps prolongée, une quantité suffisante de médicament peut maintenant être prescrite par le médecin et le pharmacien vous fournira cette quantité.

Le ministre de la Santé assume le coût des médicaments pour les personnes âgées admissibles au Régime de médicaments gratuits de l'Ontario, pour une quantité de médicaments prescrits pour un traitement pouvant durer jusqu'à 250 jours. Cet arrangement convient mieux à un grand nombre de patients et est plus économique pour le ministère.

Par contre, il est important de se rappeler que le médecin peut encore prescrire les médicaments en petite quantité s'il décide qu'il en est mieux ainsi pour le patient. Il est possible qu'un produit soit utilisé pour la première fois par un patient et que le médecin veuille observer les effets secondaires. Il y a évidemment plusieurs autres raisons comme la durée de vie du médicament ou le fait qu'il doit être réfrigéré. Votre médecin et votre

Le chauffage d'une maison mobile comporte un certain nombre de particularités importantes.

Selon le ministère de l'Énergie, l'isolation des maisons mobiles doit respecter les normes de rendement énergétique. L'espace restant exige habituellement qu'un matériau de qualité, tel le polystyrène, soit installé dans les murs et le plafond. En réponse aux questions des lecteurs, le ministère suggère les trucs suivants pour faire d'une maison mobile une demeure à haut rendement énergétique.

□ Comme l'air peut s'infiltrer par les trous du plancher aménagés pour la tuyauterie, les fils électriques, et autres, des brèches devraient être colmatées avec du silicone ou de l'isolant insouciant.

La infiltration d'air peut compter jusqu'à 40 pour 100 des pertes de chaleur de la maison.

Les conduits des systèmes de chauffage à air pulsé se retrouvent la plupart du temps dessous la maison mobile. En général, ces conduits sont peu isolés. Une bonne isolation préviendra les pertes de l'espace ambiant en évitant les poches de chaleur et augmentera ainsi le confort des occupants.

Les conduits quand l'appareil de chauffage se met en marche.

□ Une structure isolante installée autour des planchers de la maison à une température normale, mais elle réduira aussi le danger de gel des tuyaux. La bordure sera plus efficace si elle est enroulée de un ou deux pieds contre la soi.

□ Une véranda adjacente à la maison protégera la porte contre le vent et fournira un espace supplémentaire. Si la porte est orientée vers le sud, de grandes

Un système de transport en commun plus accessible

L'honorable William Whyte, ministre des Transports, a déclaré en juin dernier à l'Assemblée législative que la province s'engageait formellement à rendre les transports en commun accessibles à tous.

«Cet engagement», a dit M. Whyte, représentera pour les personnes handicapées un plus grand rôle que celui des personnes âgées.

Cette décision a été prise en collaboration avec d'autres ministères et organismes provinciaux tels l'Office des personnes handicapées et l'Office des personnes âgées. Il y a eu des consultations étendues avec plusieurs groupes de consommateurs, des associations municipales et industrielles, ainsi que des fournisseurs de services.

Le ministre Whyte a aussi annoncé les initiatives suivantes :

- Une augmentation du financement de 75 à 90 pour 100 des mesures d'accès-bilité aux systèmes de transport en commun conventionnels; une prime d'environ 8,7 millions \$ aux municipalités pour équiper leur parc de véhicules de dispositifs spéciaux, comme des marches ajustables, des sièges rétractables et de meilleures systèmes de haut-parleurs.
- La conversion du projet pilote d'accessibilité des taxis, mis sur pied il y a trois ans, en un programme permanent, ce qui représentera un engagement de la

province de plus d'un million de dollars par année. M. Whyte a souligné que les personnes handicapées utilisent les taxis huit fois plus que la population en général.

Le ministère des Transports collaborera avec la Commission de transport en commun de la Communauté urbaine de Toronto afin de mettre en oeuvre les recommandations faites dans son dernier rapport intitulé *Choices for the future*.

De plus, les nouvelles stations de trains de banlieues du réseau GO seront accessibles aux personnes handicapées. Les responsables de ce réseau sont en train d'élaborer un projet de rénovation des stations de banlieue les

plus importantes et présenteront un rapport à l'autonomie au ministre des Transports.

Le ministre a indiqué que ces nouvelles initiatives auront des répercussions importantes dans toutes les régions de l'Ontario.

Le conseil est heureux de constater que les nouvelles initiatives tiennent compte des recommandations contenues dans le document *La vie, c'est la liberté* 1987 sur les transports préparé conjointement par le Conseil consultatif de l'Ontario sur l'âge d'or et le Conseil consultatif de l'Ontario sur les personnes handicapées.

Cérémonie à Queen's Park



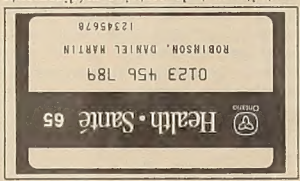
Vingt personnes âgées ont reçu le Prix d'excellence de l'Ontario aux personnes âgées, 1990. Voir l'article en page 4.

La nouvelle carte d'assurance-santé pour les personnes âgées

Des renseignements sur la carte d'assurance-santé ont été posés à tous les foyers de l'Ontario. On y trouve des directives sur la façon de se procurer la nouvelle carte d'assurance-santé pour les personnes âgées qui remplace la carte d'assurance-santé de l'OHIP et la carte

Si vous n'avez pas encore reçu ces renseignements, vous pouvez vous les procurer dans un bureau de poste ou au bureau du ministère de la Santé le plus près de chez-vous. Il est très important d'inscription dans les plus brefs délais. Votre nouvelle carte vous sera postée de huit à dix semaines après la réception de votre formulaire à nos bureaux.

Des la réception de votre nouvelle carte santé, donnez votre numéro à votre pharmacien pour qu'il l'inscrive dans ses dossiers. La nouvelle carte Santé permettra aux personnes âgées de bénéficier



gratuitement de certains médicaments sur ordonnance. Les personnes âgées doivent continuer à utiliser leur ancienne carte d'assurance-santé jusqu'à ce que leur pharmacien soit en mesure d'accepter la nouvelle carte Santé, soit probablement au cours de l'été.

Si vous êtes admissible au Régime de médicaments gratuits de l'Ontario, il est important de se rappeler que ce programme ne s'applique qu'aux ordonnances établies en Ontario.

Les personnes possédant une carte d'assurance-santé de l'Ontario ou de l'Ontario et de l'Ontario au Régime de médicaments gratuits de l'Ontario, il est au sujet de la nouvelle carte Santé de

Pour de plus amples renseignements prix réduits aux personnes âgées. Pour de plus amples renseignements composés le (613) 548-6552, à Kingston ou le (416) 965-9337 à Toronto.